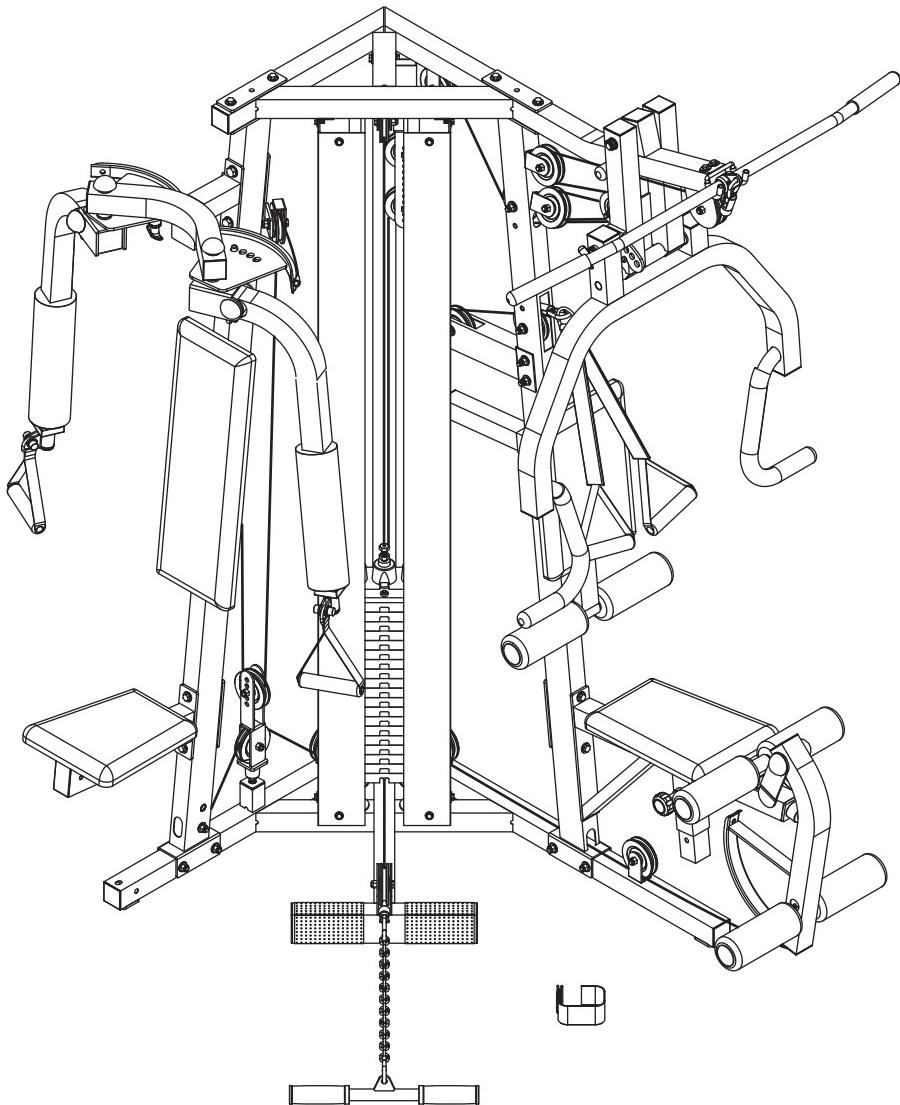


BODYCRAFT

GALENA PRO STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL MODEL BCG 446-P



QUESTION?

As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or BodyCraft at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

Bodycraft is a division of Recreation Supply Inc.
P.O. BOX 181
Sunbury, OH 43074

6850

BEFORE YOU BEGIN

Congratulations and thank you for selecting the **BODYCRAFT GALENA PRO** strength training system. The **BODYCRAFT GALENA PRO** offers an impressive array of strength training exercises to develop every major muscle group of the body.

Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **BODYCRAFT GALENA PRO** will help you achieve the specific results you want.

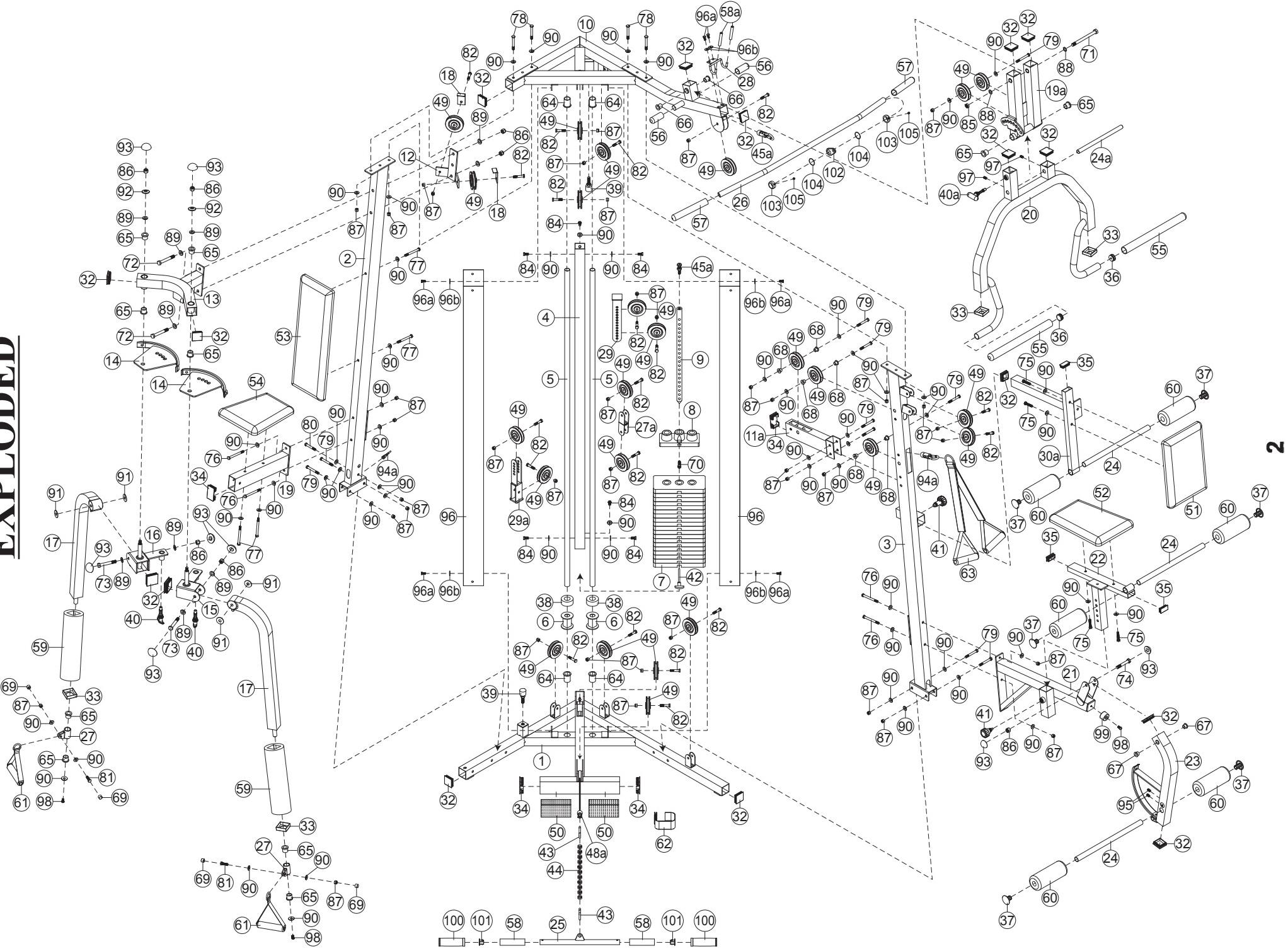
For your safety and benefit, read this manual and the accompanying literature before using the BODYCRAFT GALENA PRO. Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

IMPORTANT SAFETY NOTES

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

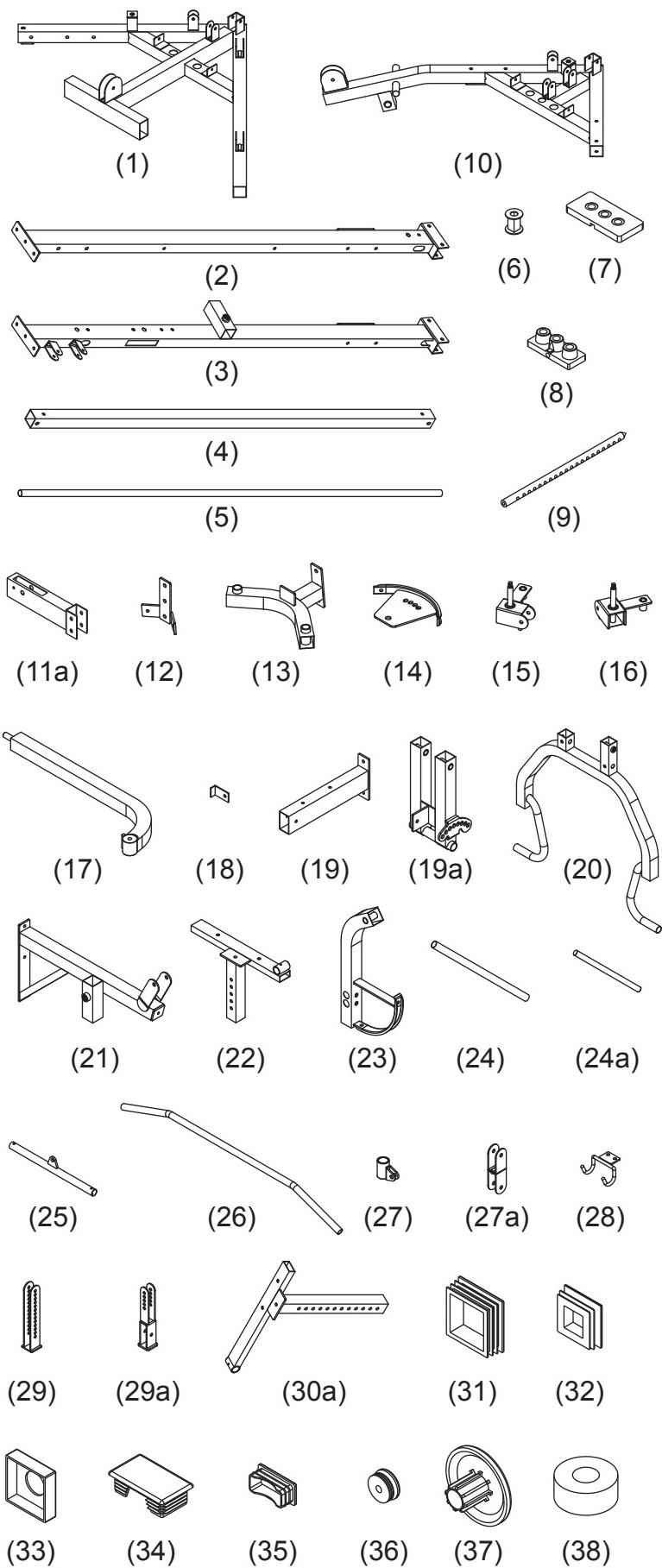
1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **BODYCRAFT GALENA PRO** at all times.
5. Keep your hands away from cables and pulleys during operation.
Keep your hands away from moving parts other than the designated handles.
6. When adjusting the seat, make sure the spring pin is fully engaged.
If not, the seat may slip and cause serious injury.
7. Make certain all cables are seated within the pulleys before every use.
8. Exercise with care to avoid injury.
9. If unsure about the proper use of the **BODYCRAFT GALENA PRO** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

EXPLODED



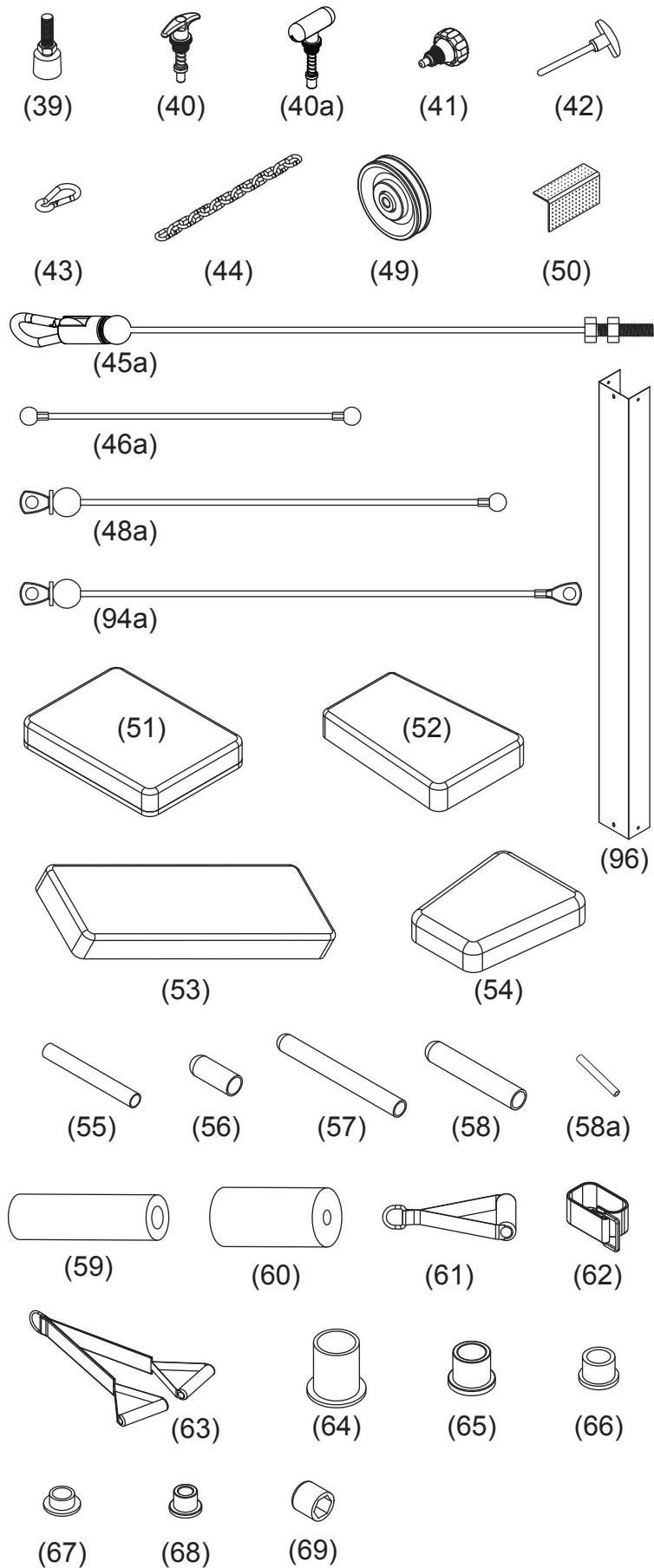
PARTS LIST

NO	DESCRIPTION	QTY
1	BASE FRAME	1
2	PEC DEC UPRIGHT	1
3	PRESS UPRIGHT	1
4	CENTER UPRIGHT	1
5	GUIDE ROD	2
6	STACK SPACER	2
7	WEIGHT PLATE	19
8	TOP PLATE	1
9	SELECTOR ROD	1
10	TOP FRAME	1
11a	AB PULLEY TUBE	1
12	PEC DEC PULLEY BRACKET	1
13	PEC DEC SUPPORT	1
14	ADJ. CAM	2
15	LEFT PEC DEC ARM BRACKET (pre-assembled)	1
16	RIGHT PEC DEC ARM BRACKET (pre-assembled)	1
17	PEC DEC ARM	2
18	PULLEY GUIDE BRACKET	2
19	PEC DEC SEAT BAR	1
19a	PRESS ARM SUPPORT	1
20	PRESS ARM	1
21	SEAT FRAME	1
22	CHROME SEAT ADJUSTER	1
23	LEG EXTENSION	1
24	ROLLER BAR	3
24a	PRESS AXLE	1
25	CURL BAR	1
26	LAT BAR	1
27	BUSHING OF HAND GRIP (pre-assembled)	2
27a	DOUBLE PULLEY BRACKET	1
28	LAT BAR HOLDER	1
29	FLOATING PULLEY BLOCK	1
29a	ADJ PULLEY BLOCK	1
30a	CHROME BACK ADJUSTER	1
31	60mm SQ. END PLUG	2
32	50mm SQ. END PLUG	14
33	50mm SQ. END CAP	4
34	45 X 75mm RECT. END PLUG	3
35	1" X 2" RECT. END PLUG	3
36	1-1/4" ROUND END PLUG	2
37	1" ROUND END PLUG	6
38	RUBBER CUSHION	2



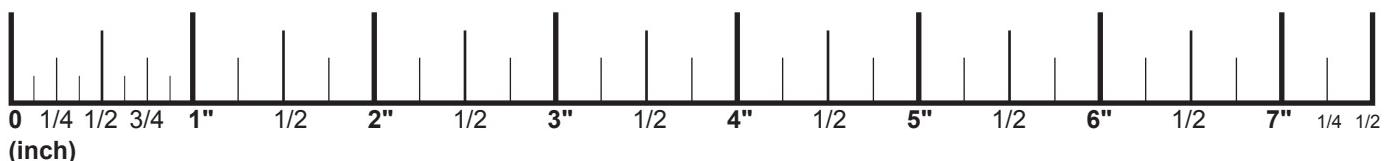
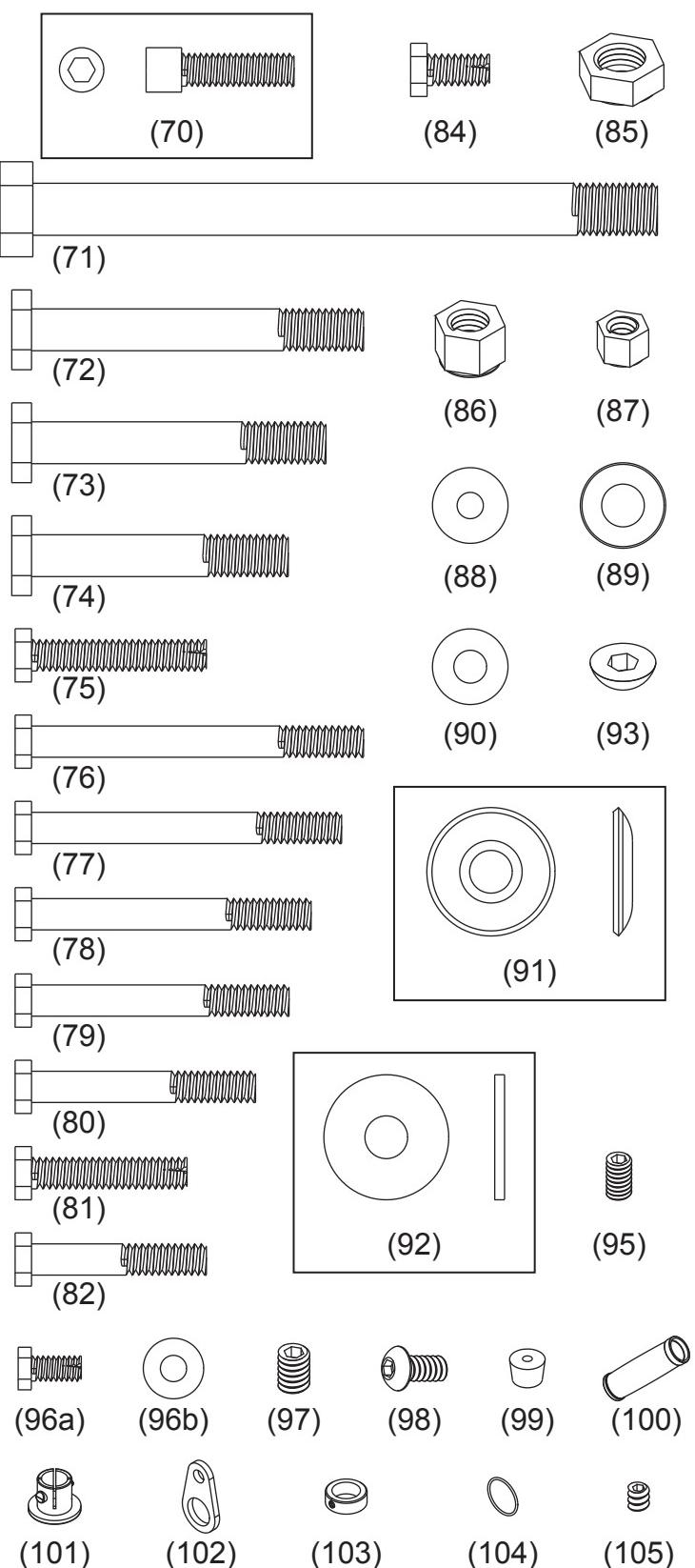
PARTS LIST

NO	DESCRIPTION	QTY
39	RUBBER STOPPER (pre-assembled)	2
40	POP PIN	2
40a	RED POP PIN (pre-assembled)	1
41	KNOB	2
42	SELECT PIN	1
43	CLIP	4
44	LINK	1
45a	TOP CABLE	1
46a	PEC DEC CABLE	1
48a	LOWER CABLE	1
49	PULLEY	24
50	NONSLIP	2
51	PRESS BACK PAD(SMALLER)	1
52	PRESS SEAT PAD(LARGER)	1
53	PEC DEC BACK PAD(LARGER)	1
54	PEC DEC SEAT PAD(SMALLER)	1
55	1-1/4" HAND GRIP(LONGER)	2
56	1" X 70mm HAND GRIP (pre-assembled)	2
57	1" X 200mm ROUND HAND GRIP (pre-assembled)	2
58	1-1/4" X 140mm ROUND HAND GRIP	2
58a	LAT BAR HOLDER COVER (pre-assembled)	2
59	4" X 14" FOAM PAD	2
60	4" X 7" FOAM PAD	6
61	SINGLE HANDLE	3
62	ANKLE STRAP	1
63	AB CRUNCH	1
64	1" ID BUSHING	4
65	3/4" ID BUSHING (pre-assembled)	10
66	5/8" ID BUSHING (pre-assembled)	2
67	1/2" ID BUSHING (pre-assembled)	2
68	3/8" ID X 10mm BUSHING	6
69	CAP FOR 3/8" NUT (pre-assembled)	4



PARTS LIST

NO	DESCRIPTION	QTY			
70	7/16" X 1-1/2" TOP PLATE BOLT	1			
71	5/8" X 7-1/2" HEX HEAD BOLT	1			
72	1/2" X 4-1/4" HEX HEAD BOLT	2			
73	1/2" X 3-1/2" HEX HEAD BOLT	2			
74	1/2" X 3-1/4" HEX HEAD BOLT	1			
75	3/8" X 1-3/4" HEX HRAD BOLT (ALL)	4			
76	3/8" X 4" HEX HEAD BOLT	4			
77	3/8" X 3-3/4" HEX HEAD BOLT	4			
78	3/8" X 3-1/8" HEX HEAD BOLT	4			
79	3/8" X 2-3/4" HEAX HEAD BOLT	10			
80	3/8" X 2-1/2" HEX HEAD BOLT	1			
81	3/8" X 1-1/4" HEX HEAD BOLT (ALL)	2			
82	3/8" X 1-3/4" HEX HEAD BOLT	19			
84	3/8" X 3/4" HEX HEAD BOLT	6			
85	5/8" NYLON NUT	1			
86	1/2" NYLON NUT	7			
87	3/8" NYLON NUT	44			
88	5/8" WASHER	2			
89	1/2" WASHER	12			
90	3/8" WASHER	58			
91	1/2" TEFLON WASHER	4			
92	1/2" SPRING WASHER	2			
93	CAP FOR 1/2" NUT	8			
94a	AB CABLE	1			
95	5/16" X 1/2" INNER HEX SCREW (pre-assembled)	2			
96	WEIGHT STACK GUARD	2			
96a	5/16" X 1/2" HEX HEAD BOLT	6			
96b	5/16" WASHER	6			
97	3/8" X 3/4" INNER HEX SCREW (pre-assembled)	2			
98	3/8" X 5/8" SET SCREW	3			
99	BUMPER (pre-assembled)	1			
100	1-1/4" HAND GRIP (pre-assembled)	2			
101	1" T SHAPE END PLUG	2			
102	HOOK PLATE	1			
103	COLLAR	2			
104	SEALING RING	2			
105	M6 INNER HEX SCREW	2			

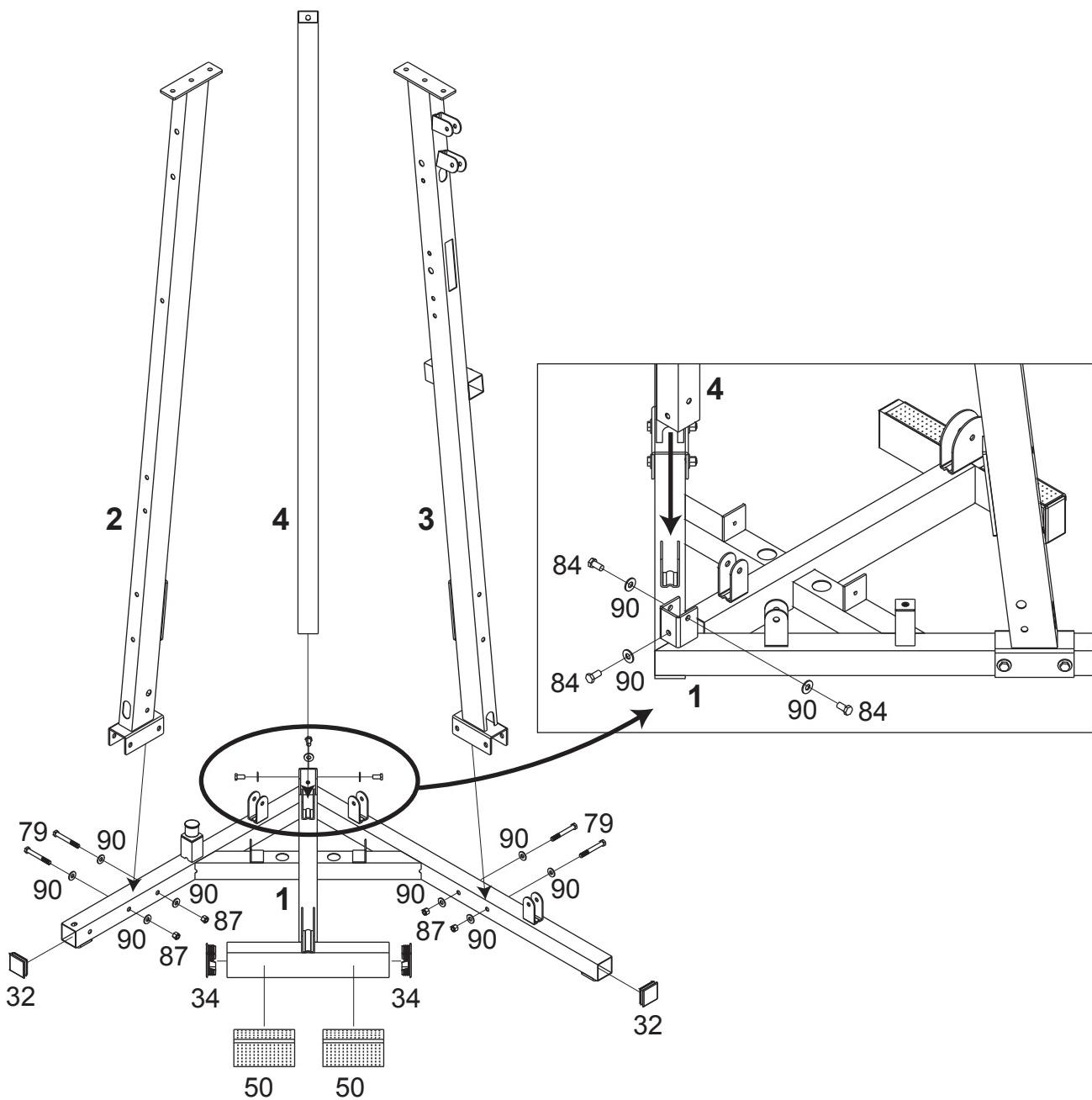


STEP 1 ASSEMBLE BASE FRAME

1. Attach PEC DEC UPRIGHT(2) to BASE FRAME(1) using two 3/8" X 2-3/4" HEX HEAD BOLTS(79), four 3/8" WASHERS(90) and two 3/8" NYLON NUTS(87).
2. Attach PRESS UPRIGHT(3) to BASE FRAME(1) using two 3/8" X 2-3/4" HEX HEAD BOLTS(79), four 3/8" WASHERS(90) and two 3/8" NYLON NUTS(87).
3. Attach CENTER UPRIGHT(4) to BASE FRAME(1) using three 3/8" X 3/4" HEX HEAD BOLTS(84) and three 3/8" WASHERS(90).

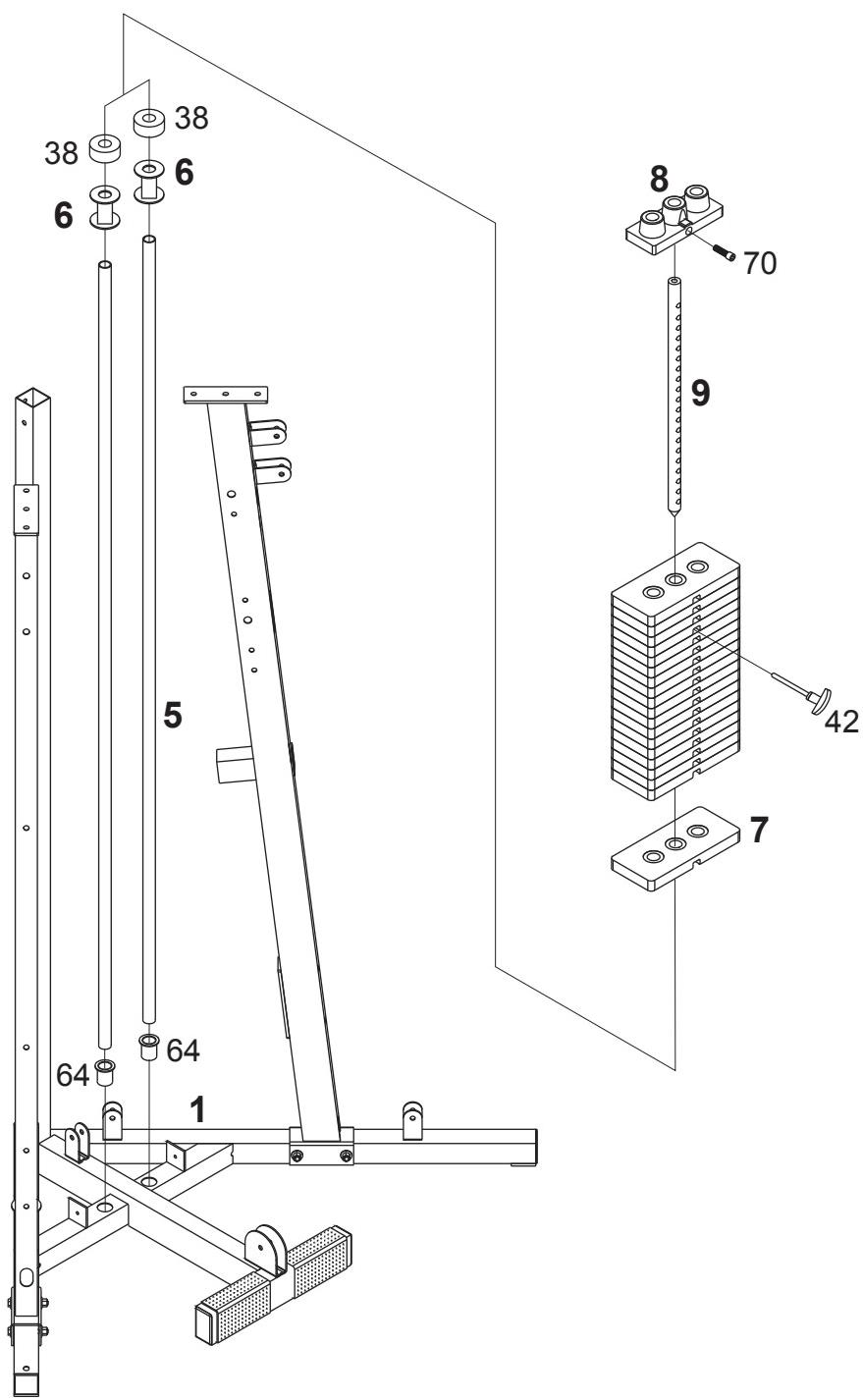


To ease the assembly process, do not tighten bolts until instructed.



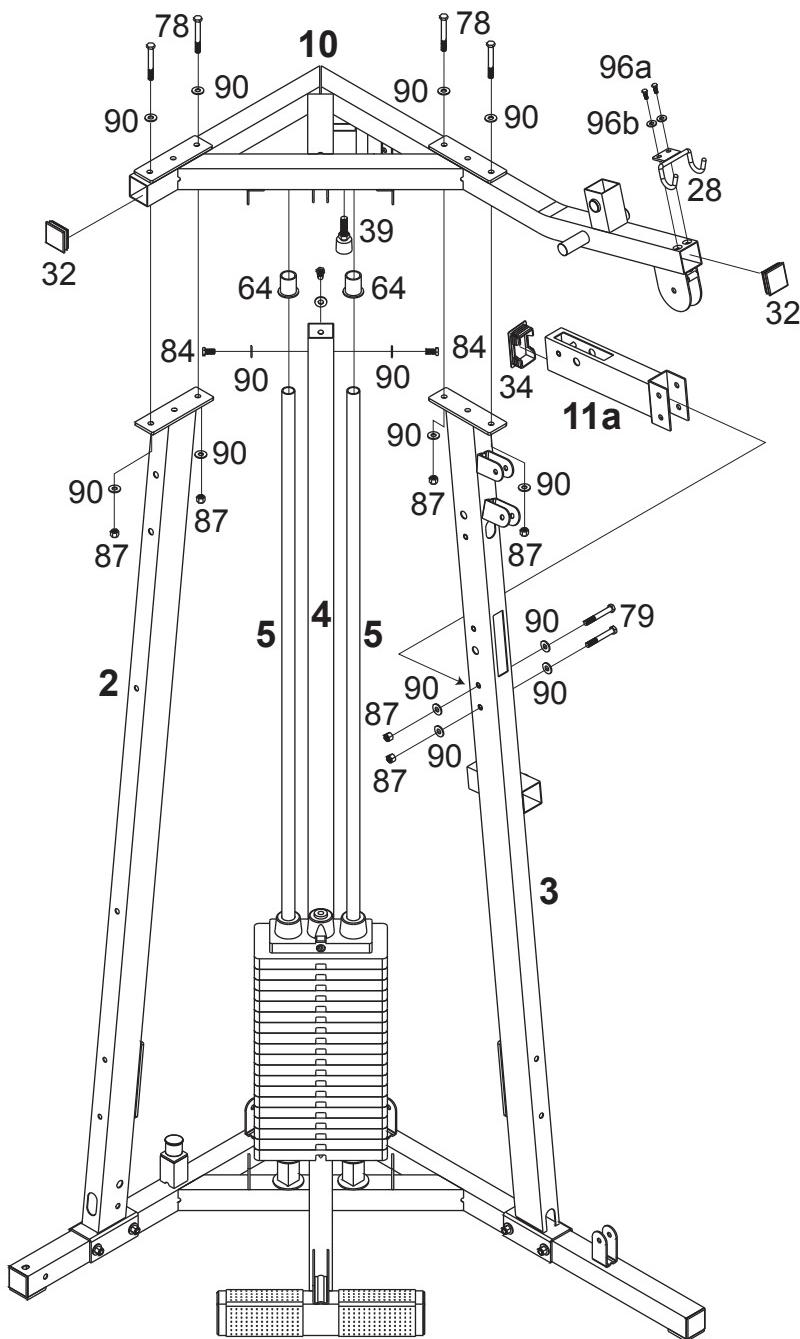
STEP 2 ASSEMBLE WEIGHT STACK

1. Insert 1" ID BUSHING(64) into the holes on BASE FRAME(1), insert GUIDE ROD(5) to 1" ID BUSHING(64) then slide STACK SPACER(6) and RUBBER CUSHION(38) onto GUIDE ROD(5).
2. Attach TOP PLATE(8) to SELECTOR ROD(9) using 7/16" X 1-1/2" TOP PLATE BOLT(70). Slide WEIGHT PLATES(7) onto GUIDE ROD(5).
3. Slide TOP PLATE(8) onto GUIDE ROD(5) and insert SELECTOR ROD(9) into center hole of WEIGHT PLATES(7) using SELECT PIN(42).



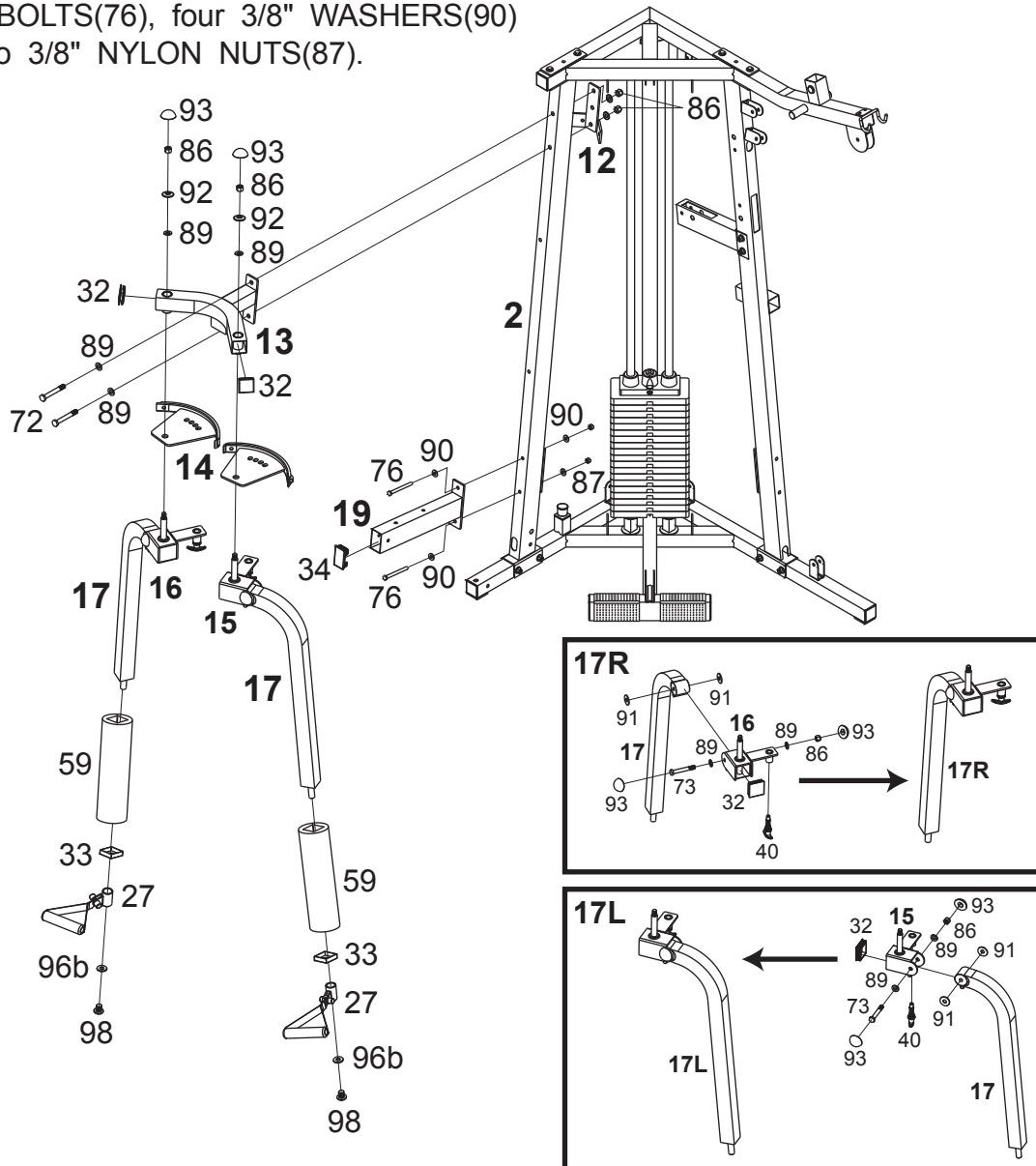
STEP 3 ASSEMBLE TOP FRAME

1. Insert two 1" ID BUSHINGS(64) into the holes on TOP FRAME(10), then place TOP FRAME(10) down onto GUIDE RODS(5) and CENTER UPRIGHT(4).
2. Attach TOP FRAME(10) to CENTER UPRIGHT(4) using three 3/8" X 3/4" HEX HEAD BOLTS(84) and three 3/8" WASHERS(90). (**NOTE: Do Not tighten**)
3. Attach PEC DEC UPRIGHT(2) and PRESS UPRIGHT(3) to TOP FRAME(10) each using two 3/8" X 3-1/8" HEX HEAD BOLTS(78), four 3/8" WASHERS(90) and two 3/8" NYLON NUTS(87).
4. Please check the TOP FRAME(10) is **EVENLY** seated on CENTER UPRIGHT(4), PRESS UPRIGHT(3) and PEC DEC UPRIGHT(2).
5. Attach AB PULLEY TUBE(11a) to PRESS UPRIGHT(3) using two 3/8" X 2-3/4" HEX HEAD BOLTS(79), four 3/8" WASHERS(90) and two 3/8" NYLON NUTS(87).



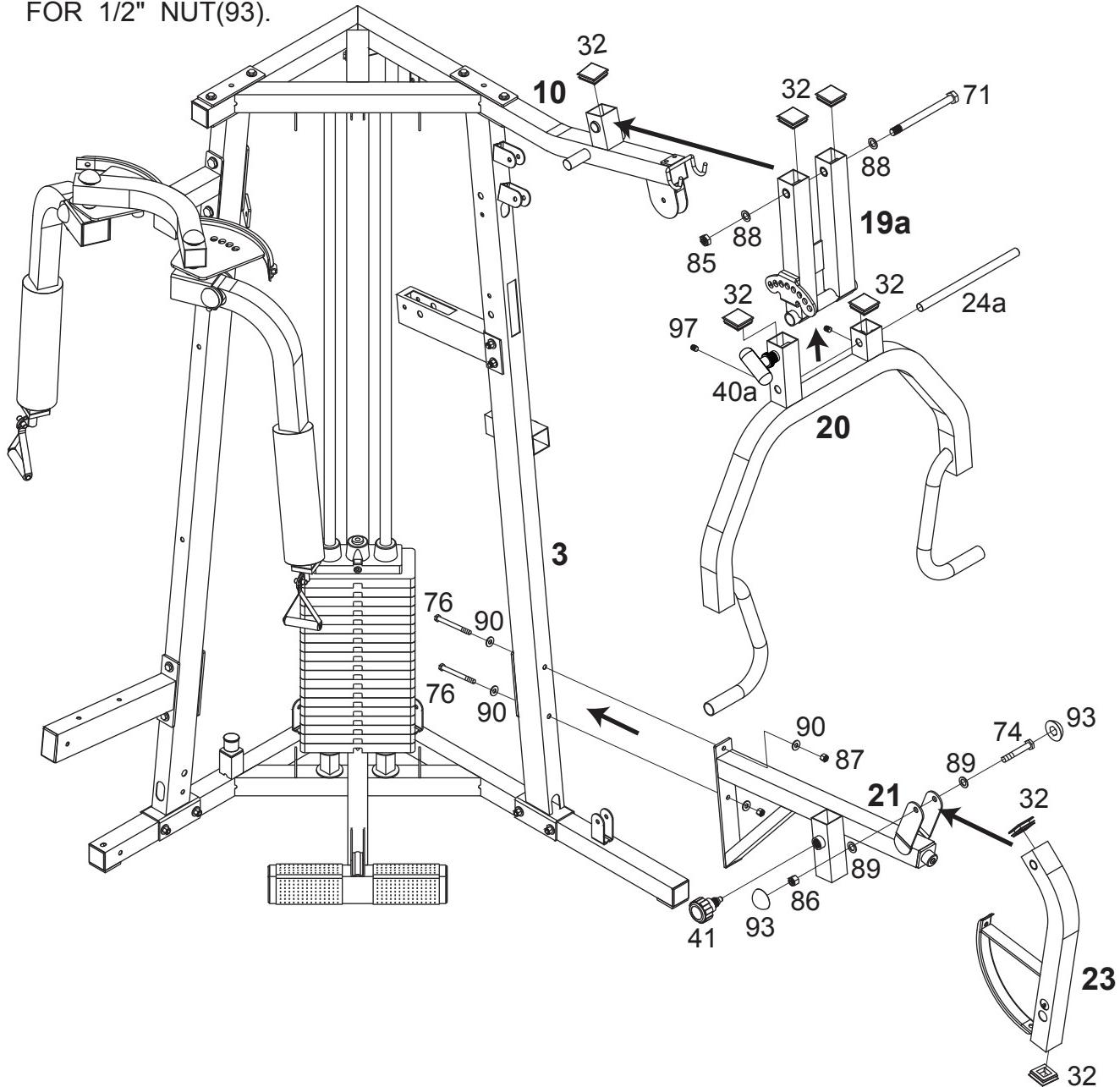
STEP 4 ASSEMBLE PEC DEC STATION

1. Attach PEC DEC SUPPORT(13) and PEC DEC PULLEY BRACKET(12) to PEC DEC UPRIGHT(2) using two 1/2" X 4-1/4" HEX HEAD BOLTS(72), two 1/2" WASHERS(89) and two 1/2" NYLON NUTS(86).
2. Slide ADJ. CAM(14) onto the axle of RIGHT PEC DEC ARM BRACKET(16). Then thread the axle of RIGHT PEC DEC ARM BRACKET(16) through the hole on PEC DEC SUPPORT(13) and attach using 1/2" WASHER(89), 1/2" SPRING WASHER(92) and 1/2" NYLON NUT(86). Attach PLASTIC CAPS(93) on top of 1/2" NYLON NUT(86).
3. Tighten 1/2" NYLON NUT(86) and back off approximately 1/2 turn so that arm moves freely. Repeat the same process to PEC DEC ARM(17).
4. Be certain the two ADJ. CAMS(14) are evenly seated on PEC DEC SUPPORT(13) and two PEC DEC ARMS(17) are **WORKING SMOOTHLY** before tighten with 1/2" WASHER(89), 1/2" SPRING WASHER(92) and 1/2" NYLON NUT(86).
5. **Moisten** FOAM PAD(59) with **water** and slide onto PEC DEC ARMS(17). Attach 50mm SQ CAP(33) and the BUSHING OF HAND GRIP(27) to the bottom of PEC DEC ARMS(17), tighten by 5/16" WASHERS(96b) and 5/16" BOLTS(98).
6. Attach PEC DEC SEAT BAR(19) to PEC DEC UPRIGHT(2) using two 3/8" X 4" HEX HEAD BOLTS(76), four 3/8" WASHERS(90) and two 3/8" NYLON NUTS(87).



STEP 5 ASSEMBLE PRESS STATION

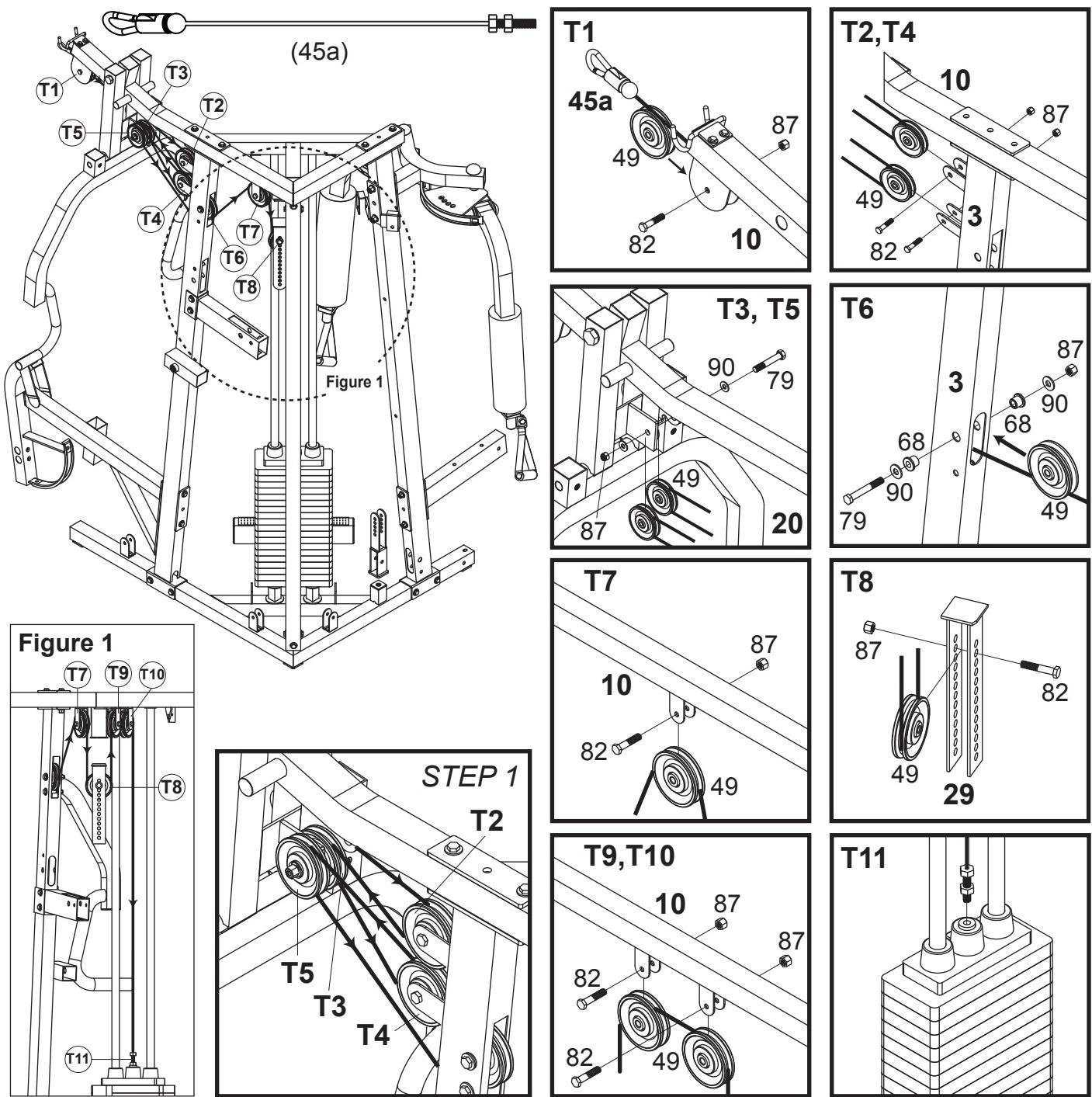
1. Attach the PRESS ARM SUPPORT(19a) to the TOP FRAME(10) by aligning the holes and inserting the 5/8" x 7-1/2" HEX BOLT(71) with two 5/8" WASHERS(88), and one 5/8" NYLON NUT(85). Plug the openings in the TOP FRAME(10) and top of the PRESS ARM SUPPORT(19a) with 50mm SQ. PLUGS(32).
2. Attach the PRESS ARM(20) to the PRESS ARM SUPPORT(19a) by aligning the holes and inserting the PRESS AXLE(24a). Tighten the pre-installed 3/8" x 3/4" SET SCREWS(97) on the back of the PRESS ARM(20). Make sure the RED POP PIN(40a) is seated in one of the adjustment holes on the PRESS ARM SUPPORT(19a). Plug the top of the PRESS ARM(20) with two 50mm SQ. PLUGS(32).
3. Attach PRESS SEAT FRAME(21) to PRESS UPRIGHT(3) using two 3/8" X 4" HEX HEAD BOLTS(76), four 3/8" WASHERS(90) and two 3/8" NYLON NUTS(87).
4. Attach LEG EXTENSION(23) to PRESS SEAT FRAME(21) using 1/2" X 3-1/4" HEX HEAD BOLT(74) and 1/2" NYLON NUT(86), then cap 1/2" bolt and nut with CAP FOR 1/2" NUT(93).



STEP 6 INSTALL TOP CABLE

Insert the threaded end of the TOP CABLE(45a) into the pulley slot in the front of the TOP FRAME(10) over pulley T1 and back to pulley T2 on the PRESS UPRIGHT(3). Route cable over and around Pulley T2, exiting from bottom. Then route cable over top of Pulley T3 [you will mount two pulleys side-by-side here. T3 is the right side (as if sitting on seat) pulley], around to bottom of pulley T4. Route cable from bottom of T4, exiting on top, to top of Pulley T5. Exit from bottom of T5 and route to bottom of pulley T6 mounted in the PRESS UPRIGHT(3). Run cable along the bottom of T6, and the up and over pulley T7 mounted in TOP FRAME(10). Attach a pulley in the top hole (closed end) of a FLOATING PULLEY BLOCK(29). This will be pulley T8 and will dangle from the TOP CABLE(45a) as shown in Figure 1. Route cable under pulley T8, and over top of Pulleys T9 and T10. The screw end of cable into the Top Plate about 1/2 way. The cable must always be screwed into the TOP PLATE(8) at least 1/3 of the way, and locked into place with the locking nut.

Attach Pulley T6 to the PRESS UPRIGHT(3) using one 3/8" x 2-3/4" HEX BOLT(79), two 3/8" WASHERS(90), two 3/8" ID x 10mm PLASTIC BUSHINGS(68), and one 3/8" NYLON NUT(87).



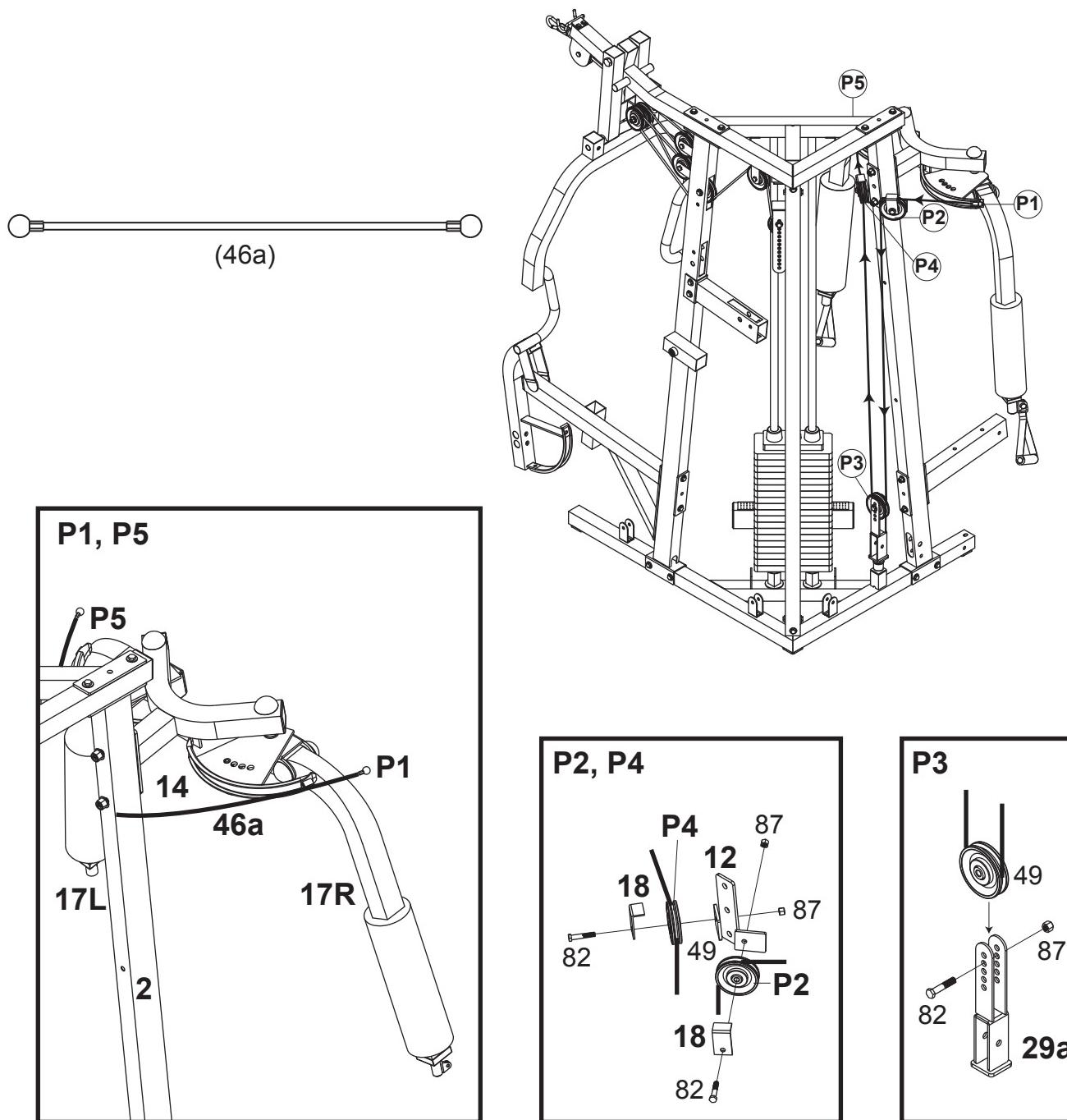
STEP 7 INSTALL PEC DEC CABLE

Loosely attach pulley P2 and P4 and CABLE GUIDE(18) to PEC DEC PULLEY BRACKET(12).

Insert one end of PEC DEC CABLE(46a) into receiver on right ADJ. CAM(14) as shown and route cable over pulley, behind PEC DEC UPRIGHT(2), over pulley and insert opposite end into receive on left ADJ. CAM(14).

Place pulley P3 over the PEC DEC CABLE(46a) and attach FLOATING PULLEY BLOCK(29a) as shown and let it dangle behind PEC DEC UPRIGHT(2).

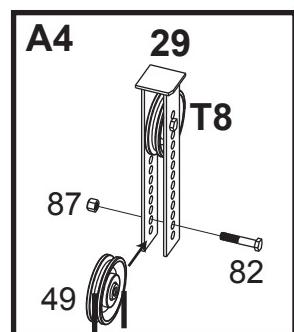
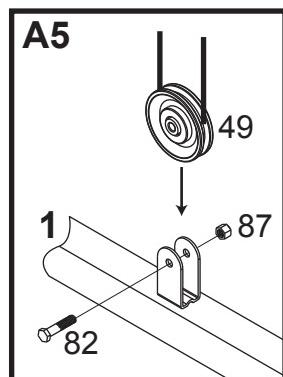
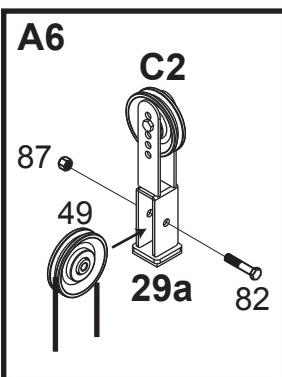
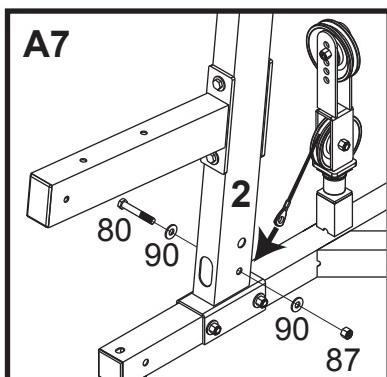
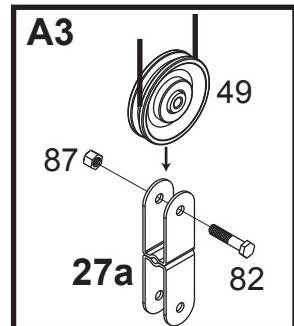
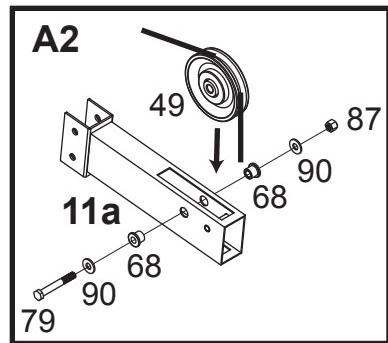
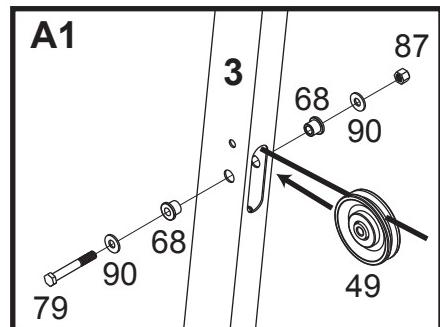
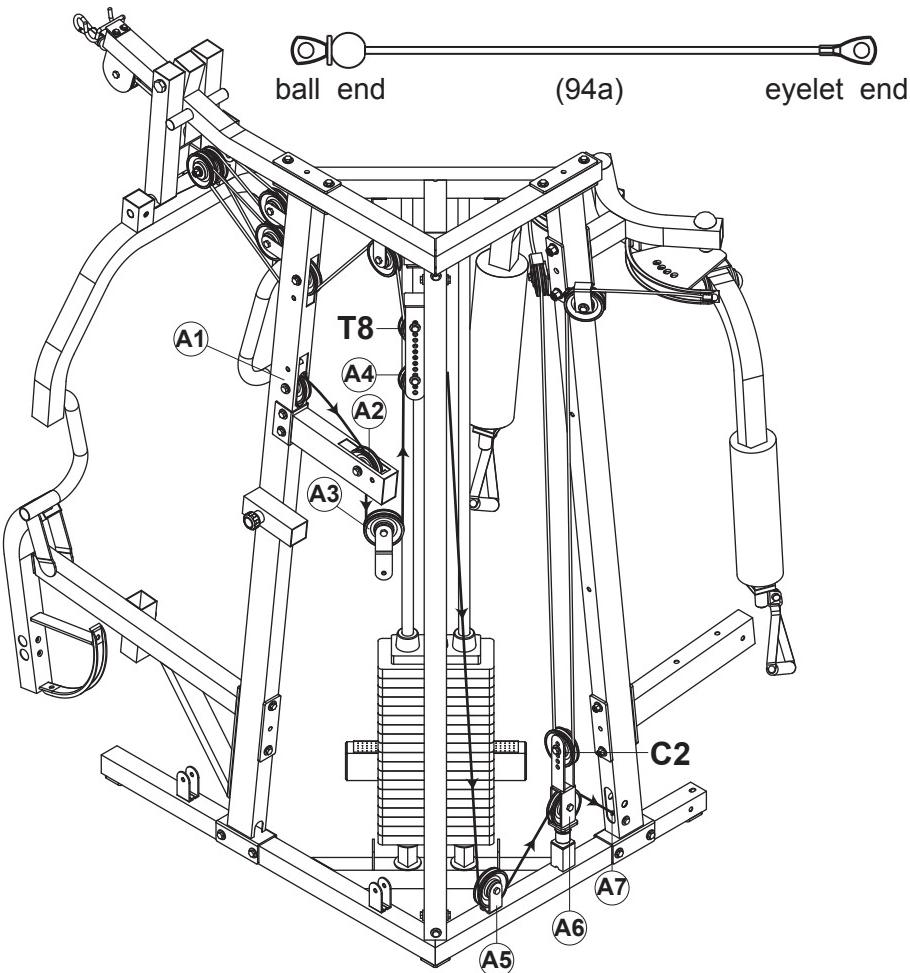
Tighten bolts. Make certain the CABLE GUIDE(18) do not rub on the cable throughout the entire range of motion.



STEP 8 INSTALL AB CABLE

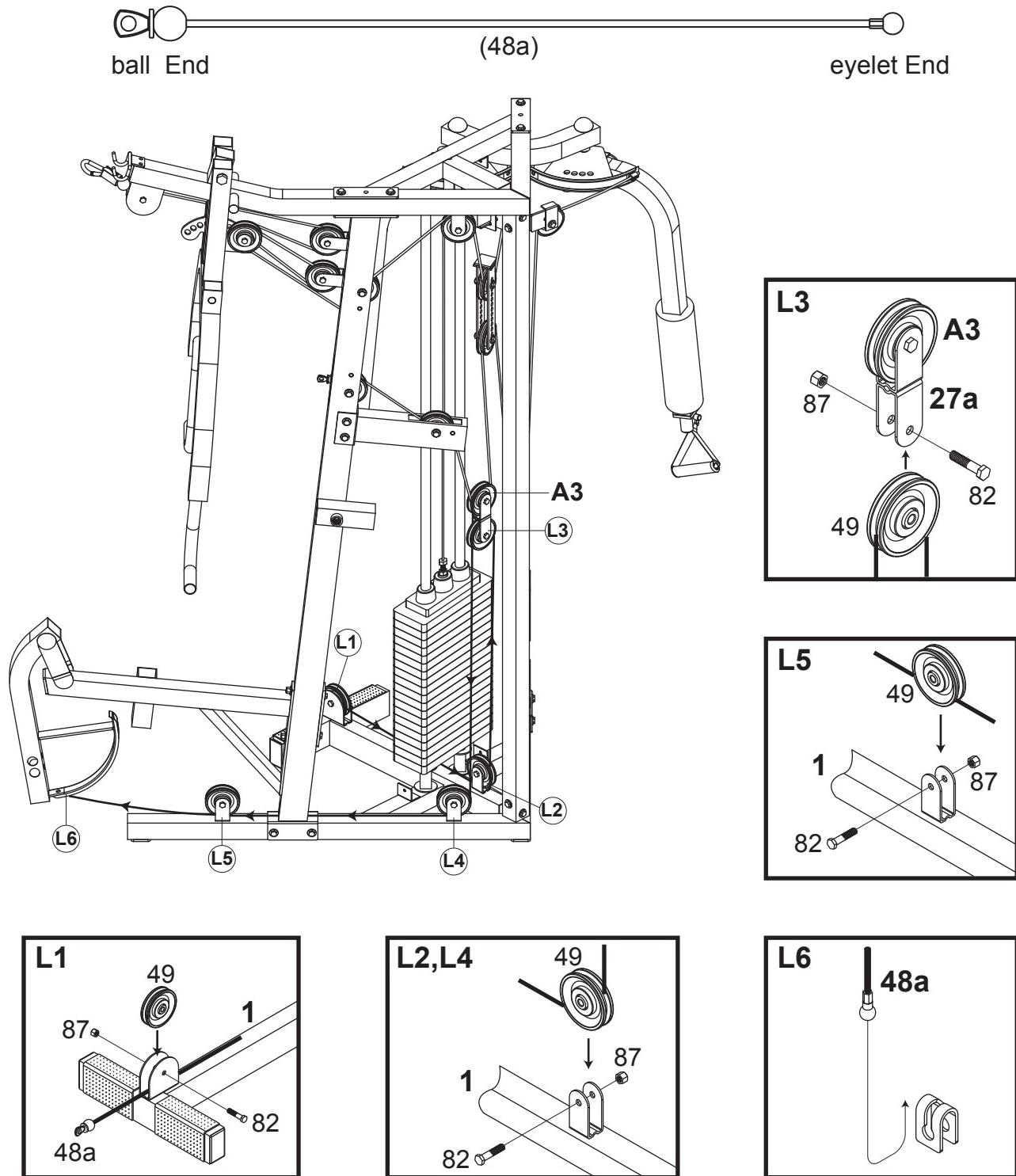
DO NOT USE THIS CABLE IF YOU PURCHASED THE OPTIONAL LEG PRESS. THE LEG PRESS CABLE IS INSTALLED HERE INSTEAD. REFER TO THE LEG PRESS MANUAL.

Run the eyelet end of the AB CABLE(94a) through the slot in the FRONT UPRIGHT(3) and attach a pulley inside the slot as shown in fig. A1, using one 3/8" X 2-3/4" HEX HEAD BOLT(79), two 3/8" WASHERS(90), two plastic 3/8" ID X 10mm BUSHINGS(68) and one 3/8" NYLON NUT(87). The cable should run over top of this pulley. Repeat this process for step A2 as shown. Route the cable down and around Pulley A3 mounted inside the DOUBLE PULLEY BLOCK(27a) [using one 3/8" X 1-3/4" HEX BOLT(82) and one 3/8" NYLON NUT(87)] as shown in A3. Continue routing the cable up and over a pulley mounted in adjustable FLOTTING PULLEY BLOCK T8 (mounted in second hole from bottom for now) as shown in A4. The cable then runs down the BASE FRAME(1) as shown in A5. Then up and over a pulley mounted in the bottom of the ADJ PULLEY BLOCK(29a) as shown in A6. Then tie off the ball end inside the slot in the PEC DEC UPRIGHT(2) using a 3/8" X 2-1/2" HEX BOLT(80), two 3/8" WASHERS(90) and a 3/8" NYLON NUT(87) as shown in A7.



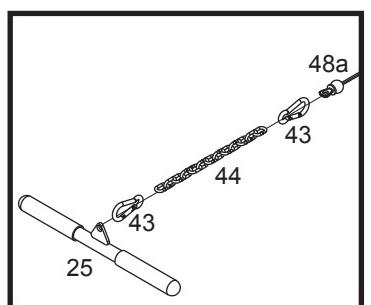
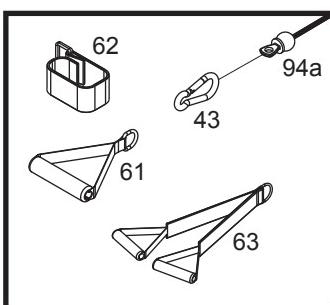
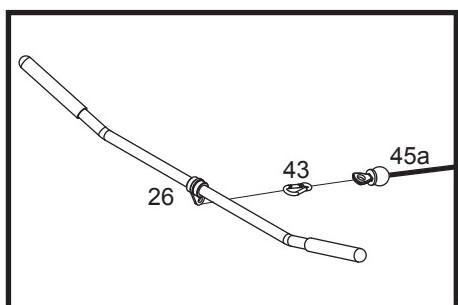
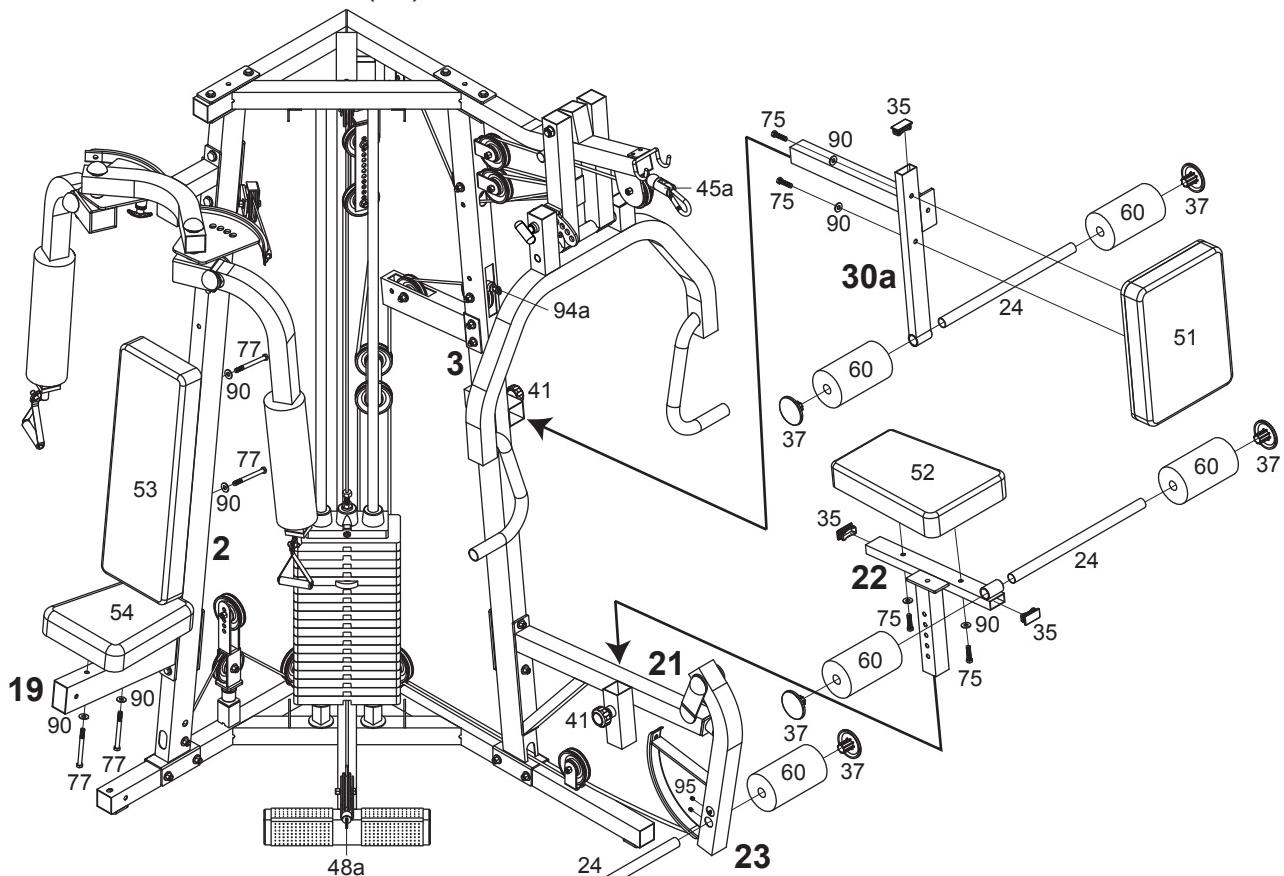
STEP 9 INSTALL LOWER CABLE

Insert ball end of LOWER CABLE(48a) using 3/8" x 1-3/4" HEX HEAD BOLT(82) and 3/8" NYLON NUT(87) and route cable under pulley L1, L2, up and around pulley L3, down and around pulley L4, under pulley L5 then attach the eyelet end under the cam of LEG EXETESION(23) through the "U" shape bracket of foot rest in front of BASE FRAME(1) as shown in inset L6.



STEP 10 INSTALL ACCESSORIES

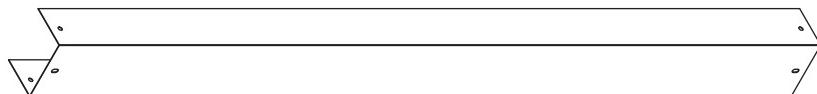
1. Attach SMALLER PRESS BACK PAD(51) to CHROME BACK ADJUSTER(30a), using two 3/8" X 1-3/4" BOLTS(75) and two 3/8" WASHERS(90). Insert ROLLER BAR(24) through the bottom of CHROME BACK ADJUSTER(30a), moisten FOAM PAD(60) with water and slide onto the ROLLER BAR(24). Attach 1" ROUND END PLUG(37) to both end of ROLLER BAR(24). Slide CHROME BACK ADJUSTER(30a) through bracket on PRESS UPRIGHT(3) and lock in place by KNOB(41).
2. Attach LARGER PRESS SEAT PAD(52) to CHROME SEAT ADJUSTER(22), using two 3/8" X 1-3/4" BOLTS(75) and two 3/8" WASHERS(90). Insert ROLLER BAR(24) through the front end of CHROME SEAT ADJUSTER(22), moisten FOAM PAD(60) with water and slide onto the ROLLER BAR(24). Attach 1" ROUND END PLUG(37) to both end of ROLLER BAR(24). Repeat same process to LEG EXTENSION(23). Slide CHROME SET ADJUSTER(22) into SEAT FRAME(21) and lock in place by KNOB(41).
3. Attach LARGER PEC DEC BACK PAD(53) to PEC DEC UPRIGHT(2), using two 3/8" X 3-3/4" HEX BOLTS(77) and two 3/8" WASHERS(90). Attach SMALLER PEC DEC SEAT PAD(54) to PEC DEC SEAT BAR(19), using two 3/8" X 3-3/4" BOLTS(77) and two 3/8" WASHERS(90).



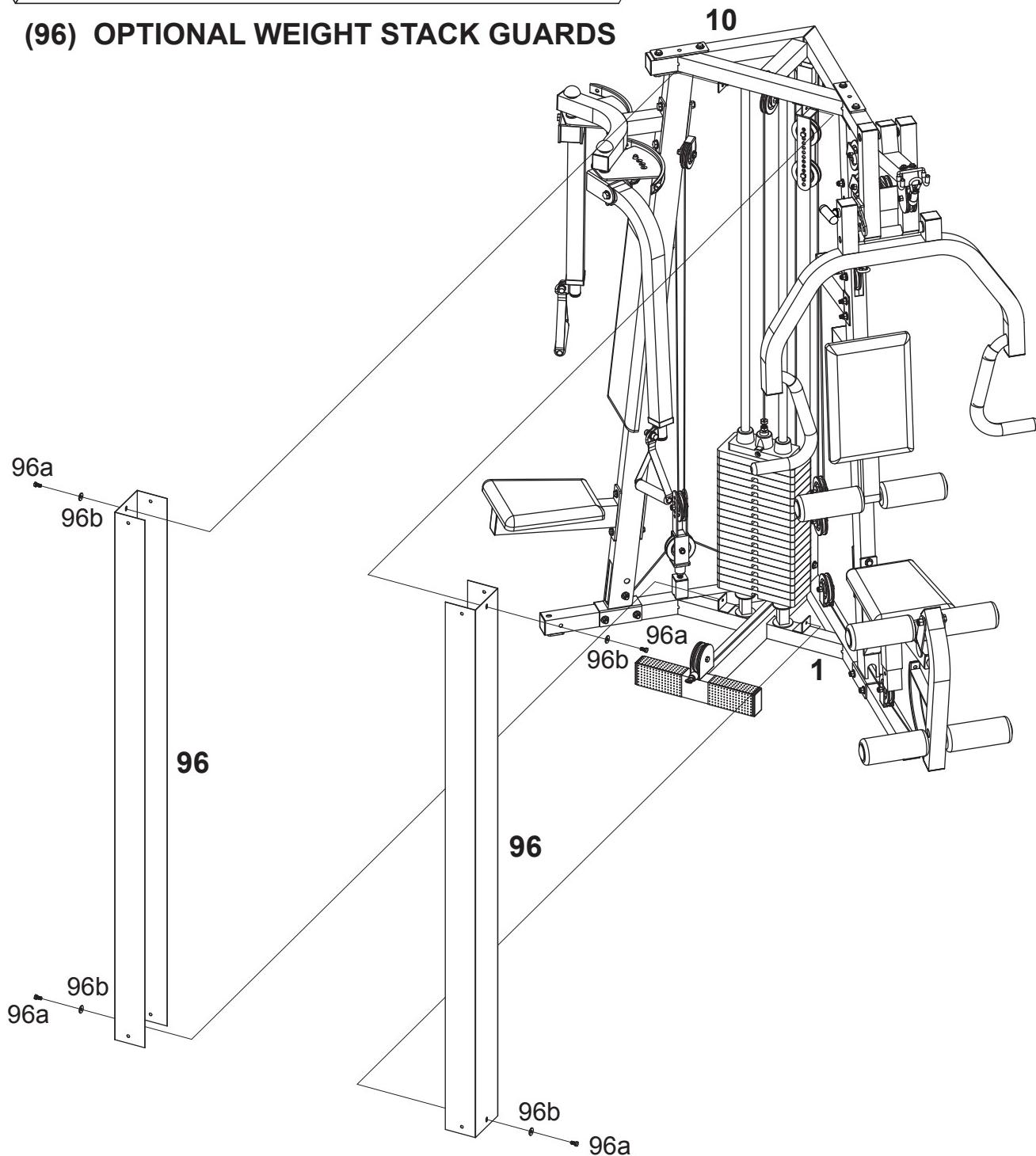
STEP 11 INSTALL OPTIONAL WEIGHT STACK GUARDS

If you did not purchase the optional WEIGHT STACK GUARDS, please skip this step.

Attach WEIGHT STACK GUARD(96) to BASE FRAME(1) and TOP FRAME(10) using 5/16" HEX HEAD BOLT(96a) and 5/16" WASHER(96b).

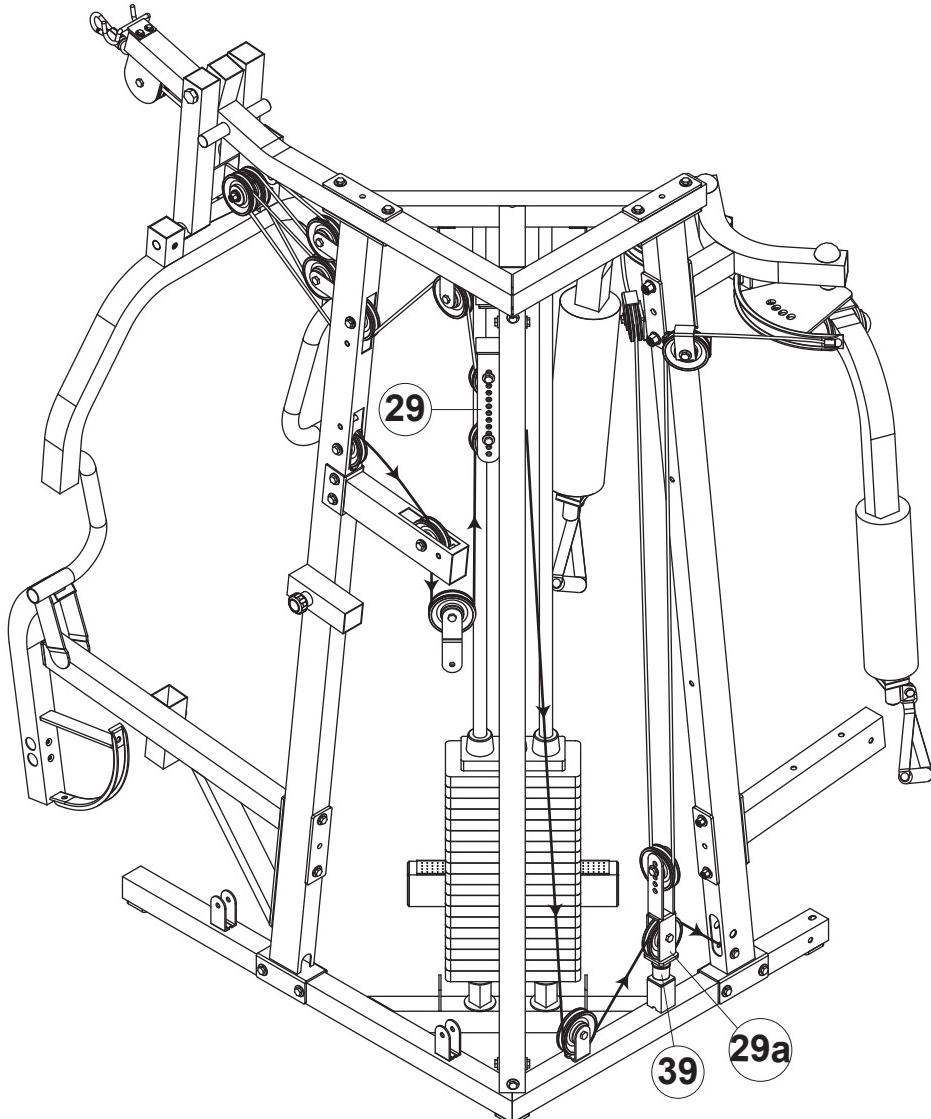


(96) OPTIONAL WEIGHT STACK GUARDS



Step 12 The Cable Adjustment

- a. The Cables should be tightened to the point just before the Top Plate lifts off the stack. In other words, if the Top Plate is not resting on the stack, you will need to add length, or, if there is slack in the cables, you will need to shorten the cables. There are several adjustment points. If only minor adjustments need to be made, you can adjust the Screw ends on the Top Cable (at the Top Plate), the Low Cable (where it screws into the Single Pulley Block), or the Bench Press cable (where it screws into the Single Pulley Block with Stopper). **These ends of these cables must be screwed in at least 1/3 of their length for safety purposes.** Once you are done with these adjustments, lock them into place using the jam nuts.
- b. Broader adjustments are made at the FLOATING PULLEY BLOCK(29). Moving the bottom pulley toward the center decreases length (takes up slack). Conversely, moving the bottom pulley outward gains cable length.
- c. Once the cables have been adjusted to remove all slack, adjust the RUBBER STOPPERS(39) in the Top Frame to where they just touch the FLOATING PULLEY BLOCK(29), and the ADJ. PULLEY BLOCK(29a). The RUBBER STOPPERS(39) aid in the function of the gym by eliminating the need to engage all cables in any given exercise routine.



Assembly is complete! Please take the following steps before using the gym:

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Pre-stretch the cables. Put the Weight Selector Pin(42) in the bottom hole on the weight stack. Pull on the cables with great force, helping remove any kinks and providing any initial cable stretch.
4. Be aware the cables can loosen and slightly stretch upon initial use.
5. The cables should be adjusted as tight as possible, but no so tight as to lift the Top Plate(8) above the weight stack. Be certain to secure the jam nuts after adjustments are made.
6. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **Guide Rods(5)**.
7. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the Bodycraft Galena Pro Home Gym. If you have any questions, please call your local BodyCraft dealer, call our customer service department at 800-990-5556 or at <http://www.bodycraft.com>.